

Alycia..... I like to accessorise my wig with headbands as I frequently wore them when I had real hair. It helps retain my sense of identity.

Alopecia is something that I am still getting used to as I was only recently diagnosed. On December 23rd 2016 I was at my regular hairdresser appointment (I am a natural brunette who has been bleaching my hair for the past 3 years!). My hairdresser (also a close friend), mentioned to me that I had a coin sized bald patch behind my ear. We put it down to the frequent bleaching and I advised I would probably start to go back to my natural colour in 2017. I forgot about the patch until January 2nd 2017.



My hair begun falling out in huge clumps, quite rapidly. I went to my dermatologist (who I have been seeing for my severe eczema for the past 13 years) a few days later and she advised I had alopecia. 2 weeks later all off my hair fell out, so I was left completely bald, and also lost most of my eyebrows and a lot of my eyelashes. It has been tough as everything has happened so quickly so it was (and is) still a huge shock. I was hospitalised with a staph infection in December 2016, so doctors think this may have triggered my immune system to attack itself.



I managed to find a wig that was a similar colour to my real (bleached) hair so this gives me a huge boost of confidence and helps me to embrace my alopecia. I am a primary school teacher so it really helps me to go to work, it gives me courage and helps me to become a stronger person. I like to accessorise my wig with headbands as I frequently wore them when I had real hair. It helps retain my sense of identity.